

Setting training goals
<http://owenjohnstonkarate.com>

I try to keep the habit of writing out a training program for each new personal training client. This helps both of us set clear goals to work towards. Of course, we have to remember that consistency, hard work, and motivation are paramount in any endeavor, especially training! Granted, it is important to personalize workout programs, whether for ourselves or for a client. Understanding our emotional and mental health at the time, not just our physical health, should (of course) be taken into account when planning our training.

Also, we have to figure out S.M.A.R.T. goals. Specific, measurable, attainable (or actionable), relevant (or realistic), and timely. If our goals are vague and not concrete (or measurable), there will not be any clear, objective way to work towards them. Specificity deals with not just numbers (hitting a set / rep goal, or how much weight), but also, the reasoning behind the goals. Basically, our long term goal(s) should help us define our S.M.A.R.T. goals – like comparing strategy to tactics.

Here is an example. Do you want to become a better competitor in boxing or prepare for a specific matchup? You will have to define your strategy around this, and your training goals and tactics must support your strategy. Of course, your coaches will be of great help in developing a sound strategy for winning. The types of training you will want to set goals for will include – attending the gym to work with sparring partners who can help you prepare; improving your physical conditioning (set specific goals for roadwork, sprints etc based upon how many rounds the match will be); highly specific padwork; highly specialized strength and conditioning work that will improve the physical qualities needed to defeat your opponent; and so forth.

Below is a great motivational article on S.M.A.R.T. goals that includes a printable PDF worksheet!

<http://goo.gl/FJP64G>